

# Be Anxious for nothing



SEP 27TH  
GO FURTHER

## THE PERSPECTIVE OF PRAISE | 1 PHILIPPIANS 4:4-7; ACTS 16 (NLT)

### START TALKING | Ask a question to get your group thinking.

- What does rejoicing mean to you? How do you rejoice?
- When was the last time you rejoiced in the Lord? What made you rejoice?

### START THINKING | Ask a question to get your group thinking.

- Has there ever been a time in your life when a new perspective made a big difference? What happened?
- Read Philippians 1:12-13. Why was Paul able to look at his circumstances from such a positive perspective?
- How can we start to approach all situations with a perspective of praise?

### START SHARING | Choose a question to create openness.

- How could you praise God for a struggle you're facing right now?
- If someone you know is struggling with anxiety, how could you use what we've talked about today to encourage them?

### START PRAYING | Be bold and pray with power.

- Father, thank You for being trustworthy. No matter how hard life seems, You're always doing something great. Help us to remember Your faithfulness, even in times of anxiety, and to rejoice in You no matter what we face. In the name of Jesus we pray, amen.

### START DOING | Commit to a step and live it out this week.

- This week, be on the lookout for ways God is at work in your life. And when you see Him at work, don't forget to praise Him for what He's doing.
- For more on finding real rest, **Check out the Anxious for Nothing Bible Plan:**  
<https://go2.lc/nothing>